

Bonney Lake

Senior Center Newsletter

February 2024



Located at:

19304 Bonney Lake Blvd
Bonney Lake, WA 98391

Mailing address:

9002 Main Street E. Box 10
Bonney Lake, WA 98391
253-863-7658

Monday through Friday
8:00am to 4:00pm

Emergency After Hours
Number—253-455-0632

www.citybonneylake.org

(we are listed under Residents Tab)

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Happy Valentines Day!

Not all of us have that special someone to share
Valentines Day with, however we all have each
other here at the Center to share every day with.
Don't wait until February 14th to tell your friends
how much they mean to you.

Life is precious and things happen unexpectedly.
Hug those close to you. Tell them what they mean to you.
Mostly, spend time with those who make you happy!



Welcome to the Bonney Lake Senior Center!

The center does not provide respite, adult daycare, and/or services that would normally be provided by a trained attendant, nurse, or personal caregiver (i.e.: incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the center). In addition, any personal care by staff for a participant is beyond our capability and cannot be expected.



Senior Center Staff

Staff

Senior Services Manager

Sue Hilberg

hilbergs@cobl.us

253-447-4327/360-551-2002

Senior Services Assistant

Michelle Vazquez

vazquezm@cobl.us

253-447-3104

Senior Aide

Phil DeLeo

deleop@cobl.us

253-447-4328

Senior Aide

Shari Jones

jones@cobl.us

253-447-4340

Kitchen Staff

Head Cook

Pam Camp

camppp@cobl.us

253-447-4334

Assistant Cook

Jay Shideler

Assistant Cook

Karen Berto

Dishwasher

TJ

22

Facility Monitors

Becky Alvarez & Jim Rowland

To Reach all Staff Call:

253-863-7658

Emergency After Hours

Number—253-455-0632



Visit us at www.ci.bonney-lake.wa.us / 2



For help with Medicare call Kathryn Evans

Your Local Medicare Insurance Broker

We look at many different companies and help you find the plan that's right for you!

Kathryn Evans, *Licensed Insurance Broker*

253.861.2959 or 253.231.8896

We Love You Bonney Lake Seniors! Call us for your Birthday Bags!

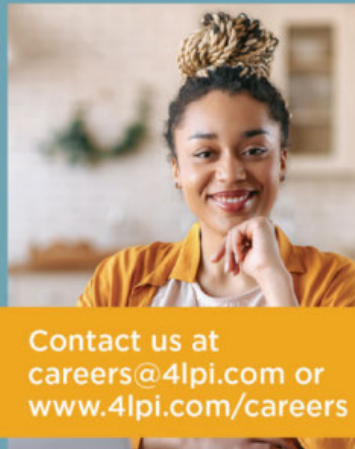
We're still handing them out to everyone who calls!

WE'RE HIRING!
AD SALES EXECUTIVES



**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

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wclough@lpicommunities.com

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Bonney Lake Senior Center, Bonney Lake, WA

A 4C 05-1036

Senior Advisory Board



The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors with basic household chores and repairs. These are just a few of the things the Advisory Board does. If you are interested in learning more you are invited to call the center for details. The Senior Center staff would like to thank the Senior Advisory Board for all the hard work, dedication and support they have given over the years.

The Board holds their meetings on the 3rd Tuesday of each month at 3:00 pm.



President

Wayne Johnson



Vice President

Bob Wells



Treasurer

Julianne DeLeo



Assistant Treasurer

Jim Baisch



Secretary

Anita Chandler



Bonnie Johnson

Board Member



Linda Smith

Board Member



David Reed

Board Member



Diane Stabler

Board Member



Ernie Gilmer

Board Member



Beverly Proby

Board Member

Menu


February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hungarian Goulash Pasta Steamed Green Peas Biscuits Salad Bar	2 Ground Hog Day Chicken Tenders w/ Dipping Sauces Tater Tots Fruit Salad Salad Bar
5 Superbowl BBQ Wings and Ribs Baked Beans Potato Salad Celery Sticks Salad Bar	6 Chef's Choice Salad Bar	7 Tilapia in Lemon Sauce Jasmine Rice Petite Peas Seasonal Vegetable Salad Bar	8 Mardi Gras Sausage and Shrimp Jambalaya Cornbread Cajun Baked Potatoes French Cut Green Beans Mardi Gras Dessert	9 Chinese New Year Asian Chicken Stir Fry Stir Fry Vegetables Yakisoba Noodles Egg Rolls Lucky Fortune Cookie Salad Bar
12 Baked Potatoes W/ Bacon Bits, Cheese, Sour Cream, Green Onions, Chili and Butter Caesar Salad	13 Macaroni & Cheese Ham Normandy Vegetables Garlic Bread Salad Bar	14 Valentine's Day Chicken Cordon Blue Steamed Broccoli Orzo Warm Dinner Roll Butter Strawberry Spinach Salad	15 Bow Tie Pasta w/ Sausage and Sweet Peppers Steamed Vegetables Tropical Fruit Salad Salad Bar	16 Chicken Divan Steamed Rice Broccoli Dinner Roll w/Butter Salad Bar
19 	20 Baked Tilapia w/Dill Steamed Jasmine Rice Buttered Corn Bread Sticks Salad Bar	21 Pam's Famous Meatloaf Mashed Potatoes Gravy Sunshine Carrots Breadsticks Salad Bar	22 Neil Diamond Day Breakfast for Lunch Salad Bar Birthday Celebration	23 French Dip Sandwiches w/Au Jus Coleslaw Tater Tots Salad Bar
26 Chicken Taco Salad W/Black Beans Sour Cream Guacamole Chips & Salsa Salad Bar	27 Sloppy Joes Broccoli Salad Crispy Fries Salad Bar	28 Chicken Adobo Rice Vegetable Salad Bar	29 Tender Beef Liver Onions and Bacon Mashed Potatoes with Brown Gravy Peas & Carrots Salad Bar	Dine-in lunch service Monday—Friday 12-12:30pm To Go meals served 11:30-12:00 **Alternate meals available only for Fish/Seafood and Liver/Onions

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To-Go Only February Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hungarian Goulash Pasta Steamed Green Peas Biscuits Salad Bar To Go <input type="text"/>	2 Ground Hog Day Chicken Tenders w/ Dipping Sauces Tater Tots Fruit Salad Salad Bar To Go <input type="text"/>
5 Superbowl BBQ Wings and Ribs Baked Beans Potato Salad Celery Sticks Salad Bar To Go <input type="text"/>	6 Chef's Choice Salad Bar To Go <input type="text"/>	7 Tilapia in Lemon Sauce Jasmine Rice Petite Peas Seasonal Vegetable Salad Bar To Go <input type="text"/>	8 Mardi Gras Sausage and Shrimp Jambalaya, Cornbread Cajun Baked Potatoes French Cut Green Beans, Mardi Gras Dessert To Go <input type="text"/>	9 Chinese New Year Asian Chicken Stir Fry Stir Fry Vegetables Yakisoba Noodles Egg Rolls, Lucky Fortune Cookie, Salad Bar To Go <input type="text"/>
12 Baked Potatoes W/ Bacon Bits, Cheese, Sour Cream, Green Onions, Chili and Butter, Caesar Salad, Salad Bar To Go <input type="text"/>	13 Macaroni & Cheese Ham, Normandy Vegetables Garlic Bread Salad Bar To Go <input type="text"/>	14 Valentine's Day Chicken Cordon Blue Steamed Broccoli Orzo, Warm Dinner Roll, Butter Strawberry Spinach Salad, Sweetheart Dessert To Go <input type="text"/>	15 Bow Tie Pasta w/ Sausage and Sweet Peppers Steamed Vegetables Tropical Fruit Salad Salad Bar To Go <input type="text"/>	16 Chicken Divan Steamed Rice Broccoli Dinner Roll w/Butter Salad Bar To Go <input type="text"/>
19 	20 Baked Tilapia w/Dill Steamed Jasmine Rice Buttered Corn Bread Sticks Salad Bar To Go <input type="text"/>	21 Pam's Famous Meatloaf, Mashed Potatoes, Gravy Sunshine Carrots Breadsticks, Salad Bar To Go <input type="text"/>	22 Neil Diamond Day Breakfast for Lunch Salad Bar Birthday Celebration To Go <input type="text"/>	23 French Dip Sandwiches w/Au Jus, Coleslaw Tater Tots Salad Bar To Go <input type="text"/>
26 Chicken Taco Salad W/Black Beans Sour Cream, Guacamole, Chips & Salsa, Salad Bar To Go <input type="text"/>	27 Sloppy Joes Broccoli Salad Crispy Fries Salad Bar To Go <input type="text"/>	28 Chicken Adobo Rice Vegetable Salad Bar To Go <input type="text"/>	29 Tender Beef Liver Onions and Bacon Mashed Potatoes with Brown Gravy, Peas & Carrots, Salad Bar To Go <input type="text"/>	If you are getting your lunch To-Go, please fill out the order ahead menu. If you are delivery or dine-in, you do not need to fill out the order ahead menu or call to tell us you're coming in.

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Events

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30-10:30 Chick-fil-A Bingo 10:30 Tai Chi 12pm Lunch 1-3 Card Games	2 Ground Hog Day 9:30-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Monopoly Tournament 7pm Family Bingo
5 Superbowl 11-12 Stretch & Strength 12pm Lunch	6 9:30-11:30 Music Jam 12pm Lunch 12pm Advisory Board Swearing-in Ceremony 1pm Writers Group 1pm Tech Time	7 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	8 Mardi Gras 10:30-12- Music by Jim Meck 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance	9 Chinese New Year 9:30-11 Line Dancing 12pm Lunch 1-3 Bunco 1-3:30 Shopping Trip 7pm Family Bingo
12 11-12 Stretch & Strength 11-12 BP Checks 12pm Lunch 1:30-2:30-Wellness Class	13 9:30-11:30 Music Jam 9:30-12pm Massage 12pm Lunch 1pm Writers Group 1:30-3:30-Diamond Art	14 Valentine's Day 9-12 Happy Hookers 10:30-12-Music by Jim Meck 12pm Lunch 1:15pm Senior Bingo	15 9:30-10:30 Chick-fil-A Bingo 10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 1-2:30 Caregivers Supp. 1-3 Card Games	16 9:30-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo
19 	20 9:30-11:30 Music Jam 11:30-1:00-Medicare chat with Ernie 12pm Lunch 1pm Writers Group 3-4 Advisory Board Mtg	21 9-12 Happy Hookers 10-11-1st Responder Safety Class-Falls Prevention 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's @ Applebee's	22 10:30-12-Neil Diamond Tribute by Terry Barteleme 10:30 Tai Chi 12pm Lunch 1-3 Card Games Birthday Celebration	23 9:30-11 Line Dancing 9-3 Foot Care 12pm Lunch 1-3 Bunco 1-3:30 Shopping Trip 7pm Family Bingo
26 11-12 Stretch & Strength 12pm Lunch	27 9:30-11:30 Music Jam 9:30-12pm Massage 12pm Lunch 1pm Writers Group	28 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	29 10:30 Tai Chi 12pm Lunch 1-3 Card Games	For detailed descriptions of events listed below please see pages 8-14 in this newsletter.

Available Services

Lunch Service

We have a change to the order ahead menu beginning in February. You will no longer have to turn in your order ahead menu if you are delivery or dine in. You will not be required to call ahead to let us know you are coming in for lunch.

We have 3 types of lunch service. "Delivery" for those that are not able to pick up their lunch, "To-Go" service which begins at 11:30 (you must come inside to pick up your meals) and "Dine-in" service which begins at 12:00pm. Please fill out, (don't forget to put your name on it) and turn in your order-ahead menu for **"to-go"** lunches only (located on page 5).

Free Haircuts by Becky from Manhattan Design

When: Thursday, February 15th

Time: 10am to 2pm

Please call to schedule your 20 minute appointment. There are limited appointments.

Please arrive with freshly washed hair.

Becky has worked for years as professional hairdresser and is volunteering to give free haircuts but tips are appreciated.

On-Going Clothing Drive

The Bonney Lake Senior Center has an on-going clothing drive. If you have clothes that you no longer need or want, bag them up in a black plastic leaf bag, tie the bag closed, and bring them to the Senior Center. You can leave them on a bench by the front door. Because we now have a storage container for this fund raiser, our clothing drive has no time limits or cut-off date. Bring your clothes anytime. And thanks for supporting the Bonney Lake Senior programs.

Van Service

Free van service is offered to and from the Senior Center Monday through Friday. We ask that you call 253-863-7658 the day prior to your desired pick up to ensure that your name is on the pickup list. Messages are checked each day at 8:00am so please leave a message if you call after hours. Note: Please be ready by 9:00am. In the event of snow or ice-covered roads, the senior center bus will operate according to the Sumner/Bonney Lake School District guidelines.

Free Legal Advice

Our Legal Assistance Program provides you with the opportunity to discuss a legal question that you may have with a licensed attorney without any charge or fee. Mr. Inslee will meet the 2nd Thursday of the month from 1:00-4:00 pm. This program is made possible due to the volunteer services of Washington attorney Evan E. Inslee of Bonney Lake. Please call to schedule your 30 minute appointment.



Shopping Trips

When: Every Friday

Time: 1:00pm-3:30pm

Let's do a little light shopping. Phil will be leaving at 1:00pm to take seniors home and also drop people off to shop for a few things. You will be dropped off at Wal-Mart, Fred Meyer, or Safeway. Please let Phil know if you would like to go shopping by 9:00am that day.



Available Services Cont'd

Tech Time with Bonney Lake Library

When: 1st Tuesday of the month

Time: 1:00-2:30

Patrick from the Bonney Lake Library will be here the 1st Tuesday of every month to help with our tech issues. Anything from e-books and e-audiobooks to computer, tablet and cell phone issues. You can book a 20 minute appointment with him on specific issues. See a staff member to sign up. Thank you Patrick!



Canceled for February

Chair Massage

Linda will be working the 2nd and 4th Tuesdays of the month. She is a licensed massage therapist and offers 20 minute sessions for our members in our upstairs room. The cost is \$10.00 for each massage. Call to book your appointment.

Caregivers Support Group

When: Thursday, February 15th

Time: 1-2:30pm

We'd like to thank Kim for volunteering to be our Facilitator.

Caregivers need care, too. The demands can be as frustrating for the caregiver as they are for the patient. It's easy to focus so much on your loved one's health that you overlook your own well-being, which isn't good for either of you. Please join us for a support group meeting and learn tools, resources and share your stories and concerns. There is no cost for this group.

Craft Sale

When: Friday, March 22nd

Time: 10:00-1:00

Beginning in January 2024, we will change our craft sales to every other month on the 4th Friday of the month. Please come support our local crafters. Craft items make wonderful gifts! If you are a crafter and would like to have a table, sign up in the programs binder and pay \$10 to be a vendor. Please see a staff member for more information.



Sunshine Lady

Our Sunshine Lady is Linda Smith. She mails cards of encouragement, get well, sympathy or what might be needed. Please let us or her know if one of our friends could use a caring card. We appreciate our Sunshine Lady!!



Classified Ads

We will begin offering a new service of classified ads. We will dedicate an area of our newsletter for our members to list items you may have for sale, or a room to rent or items needed. We will not vet any information that we list on the classified ads page. Please see a staff member to list your item. See page 19 for classified ads. 46



Current Events and Activities

Senior & Family Bingo

Please join us on Wednesdays for Senior Bingo and on Friday Nights for Family Bingo! Senior Bingo (age 18 and older) is every Wednesday and will begin at 1:15pm. Family Bingo (all ages are welcome) is every Friday night and will begin at 7:00pm. We ask that you arrive 30 minutes early on Wednesdays and at least 45 minutes early on Fridays nights to purchase your packages. We begin selling packages at 12:45pm on Wednesday afternoons and 5:30pm on Friday nights.

We do still need volunteers to help run the bingo sessions, so if you'd like to volunteer, please see a staff member.

Pinochle and other Card Games

When: Thursdays 1:00-3:00pm

Our groups are ever-growing and always on the look-out for new card players. Whether you are a seasoned veteran or a newcomer to the game please join us for no holds barred games of fun!

Calling all Bunco Players

Join us for Bunco on the 2nd & 4th Fridays of the month from 1:00-3:00. Please sign up in the programs binder. Thank you KarenLynn for running the games! Cost: \$2.00

Art with Anita

**When: Friday, February 16th
Time: 1:30-3:30
Cost: \$20.00**



Anita Miles will be teaching beautiful art. All materials are provided and you get to hang your beautiful canvas in your home!

The Happy Hookers

When: Every Wednesday 9:00-12:00

If you enjoy knitting or crocheting, we welcome you to our group of creative seniors! Join us on Wednesday mornings upstairs for coffee and good company. Our crafters donate their creations to non-profit organizations. We also accept freshly washed, completed baby blankets and lap robes to donate. Come put your wonderful talents to good use and have fun at the same time!

Birthday Celebration

Come in and pick up your FREE birthday lunch ticket to be used during the month of your birthday for your free birthday lunch. Come in on the 4th Thursday of the month for your birthday gift and a birthday treat and listen to the music. No need to sign up and no cost for this event, other than the regular \$6.00 lunch donation. ***We'd like to thank Stafford Suites for providing birthday treats.*** Get your tickets from a staff member.

Medicare Chat with Ernie

When: Tuesday, February 20th

Time: 11:30-1:00

No cost

Did you know that you have until February to change the Medicare program you choose. Ernie can help you with this and many other choices you

Superbowl

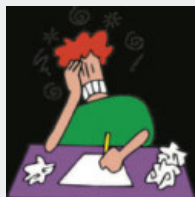
**When: Monday, February 5th
10:30-12:00
Cost: \$8.00**

Join us for fun football trivia and games.

Current Events and Activities Cont'd

The Bonney Lake Writers

Tuesdays at 1:00pm!



Want to express yourself by writing a poem, story, or novel? Maybe you want to write a memoir to leave a legacy for your family but are having trouble! Well, we have good news for you. The Bonney Lake Writer's group is here to help you. Anyone of any age is welcome. Bring your writing ambition or desire with you and we can help. Or just sit back, watch, and ask questions.

Don't let your frustration hold you back. All levels of ability from beginner to experienced writer are welcome. Join the fun and get those creative juices flowing!

The End

Jessie & The Jammers ~ A Jam Session

When: Every Tuesday

Time: 9:30am to 11:30am

Come by to listen and dance to a great band or if you are inclined, bring your instrument and/or singing voice and join them! Electric and acoustic instruments are welcome.

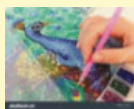


Chick-fil-A Bingo

Join us the first and third Thursday of each month for bingo at the Chick-fil-A restaurant in Bonney Lake from 9:30-10:30 for a fun-filled hour. There is no cost for this event. Please meet at Chick-fil-A before 9:30. The van will not be able to provide transportation to and from the restaurant. Please sign up in the programs binder.

Diamond Art Class

Sign up to attend a Diamond Art class on Tuesday, February 13th from 1:30-3:30 taught by Barbara Greenwood. Cost is \$10.00 with all materials provided. See a staff member to sign up.



Neil Diamond Tribute

Thursday, February 22nd

Time: 10:30-12:00

No Cost

Come and join us on Birthday Thursday with a tribute to Neil Diamond performed by Terry Bartelme. birthday with music and entertainment by Terry Bartelme. There is no cost to attend and you will only need to sign up for lunch that day.

Juliet's

"Just Us Ladies Interested n' Eating Together" Join the Juliet's for dinner on the 3rd Wednesday of the month at 4:30 pm. Enjoy a meal and meet new friends. Please sign up in the programs binder. Addresses for each restaurant and maps are available in the programs binder. Transportation for this activity is on your own.

2/21/24—Applebee's
3/20/24—Babalouie's
4/17/24—Hop n Drops
5/15/24—Hungry Dawgs
6/19/24—Panda Express
7/17/24—Denny's
8/21/24—Mazatlán
9/18/24—The Habit Burger
10/16/24—Round Table Pizza
11/20/24—Chipotle
12/18/24—Don Chuys



Current Events & Activities Cont'd

Mardi Gras

Thursday, February 8th

Time: 10:30-12:00

Cost: \$8.00



Sign up to attend our Mardi Gras celebration with Music by Jim Meck. See a staff member to sign up.

Valentine's Day

Wednesday, February 14th

Time: 10:30-12:00

Cost: \$8.00



Sign up to attend our Valentine's Day celebration with music by Jim Meck from 10:30-12:00 followed by a delicious Valentine's Day lunch from 12:00-12:30.

Advisory Board Swearing-In Ceremony

Tuesday, February 6th

Time: 12:00-12:30

Join us to see your 2024 Advisory Board Members sworn in by Chuck McEwen, the City of Bonney Lake's Administrative Services Director. Thank you Chuck for helping with this important event and thank you to our board members for volunteering your time and expertise!

Chinese New Year

Friday, February 9th

Time: 12:00-12:30

No cost

Join us for Chinese New Year for a special menu .

Monopoly



Friday, February 2nd

Time: 1:30-3:30

Cost: \$10:00

Sign up to reserve your space, 16 spaces only. Hosted by Mary Schmidt and our own favorite Michelle Vazquez. This February 2nd, relive your youth at the Atlantic City Board Walk and play Monopoly, 1930's style Have your picture taken in Jail and text your kids for money to bail you out!

Stroll along the boardwalk smelling the enticing food while guzzling mocktails and playing cut-throat Monopoly. Become the biggest, meanest, capitalist while ruthlessly bankrupting your hapless neighbors during the depression.

Cozy up to wanna-be gangstas and floozies. Jake the jailbird has been secretly hiding out in the kitchen here at the Bonney Lake Senior Center for years. Shhhh! Don't tell officer Edgar Mallory.

Prizes galore, wear your favorite 1930's get ups and play a short time 45 minute Monopoly Game.

1st Responder Safety Class

Wednesday, February 21st

Time: 10:00-11:00

No Cost



Sign up to attend a 1st responder safety class taught by Jennifer Kilian from the East Pierce County Fire. Jen's class in February will be on the topic of Falls Prevention.

Upcoming Events

St. Paddy's Day

Thursday, March 14th

Time: 10:30-12:00

Cost: \$8.00

Sign up to attend our Mardi Gras celebration with Music by Patty & the Traveling 4. See a staff member to sign up. There will be a special lunch menu of corned beef and cabbage.



Spring Forward Clock Day

Thursday, March 8th

Time: 10:30-12:00

No cost

This will be a fun, informal event, you do not have to sign up and the cost is just the regular \$6.00 lunch donation. We will have some fun games and prizes.



Bald Eagle Whirligig Craft

Date: TBD (April or May)

Time: TBD

Cost: \$60.00

Just in time for Memorial Day 2024. Build this symbol of American strength to display at your residence.

Everything you need to building this project is provided for you. A post to display your eagle, paint, paint brushes, paint template and glue along with a few miscellaneous tools for assembly (screwdriver, hammer, etc) are included. This project will require 2, two hour sessions. Project dates to be announced (late April or early May). There will be room for 6 to 10 people and because parts will need to be ordered in advance, it would be best to have funds into the office by the end of February 2024. 58



National Plant a Flower Day

Thursday, March 12th

Time: 10:30-12:00

Cost: \$8.00

Come join us and plant some beautiful flowers around the senior center and take some home to plant.

Volunteers needed for Egg Dying

Monday, March 25th

Time: 1:00-3:00

We need volunteers to help us dye Easter eggs for our annual Easter Egg Hunt. Please see Michelle to sign up.

Easter

Tuesday, March 26th

Time: 10:30-12:00

Cost: \$8.00



Sign up to join us for our Easter Celebration with Music by Randy Litch. There will also be an easter egg hunt.

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, February 12th

Time: 11:00-12:00

Where: Bonney Lake Senior Center

Walk-in's welcome!



Stretch & Strength

When: Every Monday

11:00-12:00

No cost

Join Ashley every Monday for a mobility & strength class. Individualized exercise programming for aging

Wellness Workshop

Monday February 12th

1:30-2:30

No cost

Join Traci Woodcock for a free health presentation. This month is Putting Sleeplessness to Sleep. Please see a staff member to sign up. Minimum of 5 people needed to hold the class. This class is sponsored by our Advisory Board.

Chair Tai' Chi

Phil Schneider, our instructor, has been practicing Tai' Chi since 1993 and currently assists his original teacher with his classes @ Pierce College in Puyallup. He's also studied the works of many Tai' Chi masters and actively worked with several other teachers including Master Gao Fu. He presently has active Tai' Chi groups at American Lake VA as well as in Sumner and Tacoma. He has adapted a Yang Style standing form for seated practice to meet the needs of individuals who have balance, mobility and chronic pain conditions. **Every Thursday, 10:30-11:30 am** This class is free to our members.

Line Dancing Lessons

Attend line dancing sessions every Friday of the month. Beginning in February, cost is \$2.00 per lesson or \$5.00 per month. Beginner class is from 9:30-10:00 and Intermediate class is from 10:00-11:00 in our dining room, taught by Shannon Agidius, it's great exercise and fun!

We'd like to thank Shannon for offering to teach this class.



Foot Care ~ Come Get Your Toes Done!

When: Friday, February 23rd

9am to 3pm

Please call to book your appointment.

The service fee is \$45. Please bring your own towel.



Medicare's Diabetic Shoe Program

Medicare Part B and/or Medicaid Coverage.

This preventative coverage **provides one pair of extra -depth shoes and up to 3 pairs of custom molded multi-density inserts** every calendar year as a Medicare benefit with little or no charge to most diabetics. Priority Footwear coordinates all of the necessary paperwork with your primary care physician and insurance provider. **Adrian will be here every quarter, (see schedule below). Please call to make an appointment. All dates are 10:00-12:00 in 20 minute increments. See a staff member to sign up.**

Monday, April 15th

Monday, July 15th

Monday, October 21st

Heath and Wellness Cont'd

Caring for Your Nutrition When Caregiving

Family caregivers of people with illnesses, injuries or disabilities sometimes spend more time thinking about those they care for than themselves. It's important to remember that self-care is essential to providing good care to others and must include eating well.

Healthy eating can be especially challenging for caregivers who often have limited time to shop and cook. Fast food, snacks, and comfort meals are tempting but usually lack healthy amounts of protein, fiber, vitamins, and minerals.

In addition to preventing low energy, muscle loss, illnesses, and unplanned weight change, a healthy diet may help reduce the stress and fatigue that can come with caring for a loved one.

These tips from the Administration for Community Living can help caregivers take steps toward better nutrition without adding to already full to-do lists:

1. Drink healthy beverages at each meal and 2-3 times between meals. Water, milk, juice (to replace missing fruits and vegetables) or non-sweetened drinks are all better-for-you options.
2. Get enough protein, a key nutrient that helps build and repair tissues. Consider these ideas for increasing your protein intake:
 - Eat a high-protein food like fish, chicken, or eggs at every meal
 - Try plant proteins like nuts, peanut butter, beans, and tofu
 - Eat your protein first at meals
 - Eat low- or non-fat dairy products and use Greek yogurt
 - Opt for cheese at snack time
 - Top your food with chopped nuts like almonds
3. Drink a liquid supplement, like a meal replacement or protein shake, if foods alone do not supply all the nutrients you need. A health care provider can make specific dietary suggestions based on your unique health needs, diet, and conditions. For more information and ideas, talk to your doctor or dietitian and visit eatright.org.

(Courtesy of Family Features)

Health and Wellness Cont'd

3 Ways to Save Money on Diabetes Medications

Controlling the "ABCs of diabetes" — A1C, blood pressure and cholesterol levels — is difficult enough, but when you add that second C — costly medications — it's easy to see how one's levels can spiral out of control quickly.

According to the American Diabetes Association, for the 30 million people living with diabetes in the U.S., health care costs are more than double (2.3 times) the costs of those without diabetes. This is due to the ever-increasing costs of medications to treat diabetes and the chronic conditions that often accompany the disease, namely high blood pressure and high cholesterol. In fact, between 2002 and 2013, the cost of insulin has tripled, and newer cholesterol and blood pressure-lowering medication costs are also on the rise.

Now consider that in the U.S., more than 2 million children and adults living with diabetes do not have access to health insurance, and millions more are in high-deductible plans that can require high out-of-pocket costs. Lack of access to diabetes medications can lead to avoidable doctor visits, hospitalizations, amputations, and even death.

The good news is there are several ways to save money on diabetes care without compromising on quality.

1. Shop around. Medication prices can vary greatly by pharmacy.
2. If you are not using insurance to cover the cost of prescription drugs, there are many ways to obtain prescription assistance. One way to start saving money immediately is with Inside Rx, available at <https://insiderx.com>, a free discount drug card program, which provides deep discounts on certain brand-name diabetes medications, including insulin and drugs that treat co-existing conditions such as high cholesterol and blood pressure.
3. Explore pharmaceutical assistance programs. Most pharmaceutical companies also offer financial assistance programs to persons who have trouble affording their medications and supplies.

By doing some research into these types of discount programs and databases, it may be possible to save thousands of dollars a year, while controlling your diabetes and enhancing your quality of life.

(Courtesy of BPT)

©LPi

Health and Wellness Cont'd

Get Curious About Your Cat's Health

Building a bond with our furry friends is just the first step to pet ownership; curiosity and care for your pet's health lasts its entire life. Nearly 40% of people agree they couldn't have made it through quarantine without their pets, according to a survey by Royal Canin. However, of the more than 90 million cats in United States households, more than half do not receive a yearly veterinary exam, according to the American Pet Products Association.

Cats are typically stoic, so if they are giving obvious indications of not feeling well, they need to be examined promptly. However, it's not always obvious that something is affecting your cat's health.

The experts at Royal Canin offer these tips for becoming more curious about your cat's health.

Potential health signals:

If your cat is otherwise acting normal, there may be a few hints that he or she isn't actually feeling well. Watch for weight loss, changes in appetite or water intake, coughing or sneezing, acting lethargic, vomiting, changes in stool quality and more or less urine in the litter box.

If there's anything unusual going on with your cat, ask your vet if you have concerns. The staff at your clinic can help you determine if a visit is necessary.

Preparing for a visit:

Especially for cats who are not accustomed to regular vet visits, a trip when they're already feeling unwell can be stressful. Consider these tips to help ease the experience:

- Rather than keeping the cat carrier hidden away, make it accessible for your cat to get familiar and comfortable with the way it looks and smells.
- Make daily time for activities like brushing and nail trims that help desensitize your cat to being touched.
- Use pheromone wipes and sprays to help relax your cat and reduce stress before the trip.
- Play calming music at an appropriate volume to help calm cats at home and in the car on the way to the vet.

Visit <https://www.RoyalCanin.com/us/cats/health-and-wellbeing> to learn more.

(Courtesy of Family Features)

Things you need to Know

Senior Center Closures

The Senior Center
will be closed:

President's Day—Monday, February 19th

Memorial Day—Monday, May 27th

Juneteenth—Wednesday, June 19th



Find the Lucky 3 Numbers

Beginning in January, you are only eligible to win a gift card once a quarter.

We have hidden 3 lucky numbers throughout our newsletter. The first 4 people to find the 3 lucky numbers and show them to a staff member will win a \$5 gift card from Starbucks, Crumbl Cookie, or Chick-fil-A.

Lucky numbers are: 22, 46 & 58



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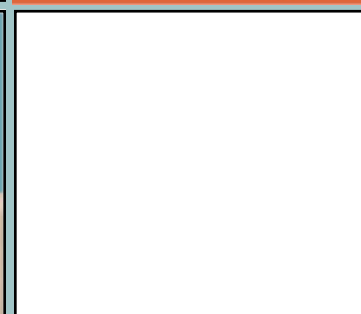

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Bonney Lake Senior Center, Bonney Lake, WA

B 4C 05-1036

Classified Ads

For Sale: Niche for two Urns at Mountain View cemetery in Lakewood, WA.

Paid \$3000 asking \$2,500. If interested or have questions please call: 253-266-7331 or email me at: duhamelsusan7@gmail.com

Visit us at www.ci.bonney-lake.wa.us / 19

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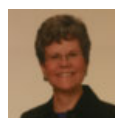
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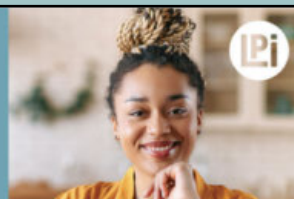
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Bonney Lake Senior Center, Bonney Lake, WA

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Important Information

Music Entertainment Schedule

Below is a list of the Music entertainment we have scheduled so far this year. All music entertainment times will be 10:30-12:00pm. This schedule is subject to change.

2/8/24—Mardi Gras—Music Jim Meck
2/14/24—Valentine's Day—Music Jim Meck
2/22/24—Birthday Celebration Neil Diamond Day—Music Terry Bartelme
3/14/24—St. Paddy's Day—Music Patty & the Traveling 4
3/26/24—Easter—Music Randy Litch
3/29/24- 90th Birthday Celebration-Music Johnny Crash
4/23/24—Picnic Day—Music Jim Lapsansky
5/9/24—Mother's Day Lunch—Music TBD
5/23/24—Memorial Day Lunch—Music Patty & Traveling 4
6/13/24—Father's Day Lunch—Music Jim Meck
6/17/24—Senior Prom—Music Randy Litch
7/2/24—4th of July—Music Patty & Traveling 4
8/8/24—Luau—Music Polynesian Fire Dancers
8./29/24—Labor Day—Music Patty & the Traveling 4
9/5/24—Grandparents Day—Music Johnny Crash
9/26/24—Hippie Day—Music Patty & the Traveling 4
10/3/24—Oktoberfest—Music Jim Lapsansky
10/31/24—Halloween— Music Jim Meck
11/7/24—Veterans' Day—Music TBD
11/21/24—Thanksgiving Lunch Day One—Music Johnny Crash
11/22/24—Thanksgiving Lunch Day Two—Music Patty & Traveling 4
12/19/24—Christmas Lunch Day One—Music Jim Meck
12/20/24—Christmas Lunch Day Two—Music Jim Meck
12/31/24—New Years Eve—Music by Patty & Traveling 4



Your Center Needs You!

Please consider volunteering a couple of hours a week in any of the following areas as we are in critical need of help in order to maintain our programs. Now that our doors are open we will need a variety of volunteers. Please call us to discuss various volunteer jobs that we will be in need of (hopefully soon) 253-863-7658.

Bingo Wednesdays & Friday Nights and there are a fun variety of positions **Dining Services Front Desk Host, Senior van driver, and volunteer meal delivery drivers. Please talk to a staff member if you are interested and a BIG THANK YOU to all who currently volunteer with us!**

What kind of current events would you like to see? Games, daily getaways, movies, baking competitions?

Let us know what you'd like to see at your Senior Center.

Just for Laughs

Counting to
10
only makes it
premeditated.

I'm sorry Jack,
there's not enough room



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2023 Tax Preparation

Free Tax Preparation

Cyndi will be preparing simple taxes free of charge to our **active members** (see note below) again this year, virtually, like she did last year. Drop off your tax information to us in a sealed envelope with your name and phone number written on the front, where we will keep it securely locked up until Cyndi picks it up. She'll call you and speak with you to prepare your taxes, then drop your completed return back off to us, where it will be again, securely locked up until you pick it up. Thank you Cyndi!!!!

Note: If you are not on our Active Member list, or if you are not a member, you will be charged \$50.00 for a completed tax return.



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Word Search

Word Search #50 - Valentine's Day

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N	A	T	R	A	D	I	T	I	O	N	G	N	I	T	E	E	R	G	K	I	S	S
S	E	N	T	I	M	E	N	T	L	C	X	M	V	Y	E	L	M	Q	J	V	I	M
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S	O	M	A	Y	V	A	N	O	I	T	C	E	F	F	A	U	Z	R	T	N	M	R
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N	Q	T	G	O	D	O	F	L	O	V	E	C	K	N	A	Y	L	R	A	D	V	F

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HOLIDAY

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AFFECTION

EXCITEMENT

IN LOVE

ROMANCE

BALLOONS

EXPRESSION

KISS

ROMANTIC

CANDY

FAMILY

LOVE

ROSE

CARDS

FLOWERS

LOVED ONE

SAINT

CELEBRATION

FRIENDS

LOVEFUL

SENTIMENT

CHOCOLATE

GIFT

LOVERS

SURPRISE

COUPLE

GOD OF LOVE

LOVING

SYMBOL

CREATIVITY

GREETING

MESSAGE

TRADITION

CUPID

HEART

PARTY

VALENTINE

News from our Gardener

Gardeners, I hope you got through our winter freeze in good shape. Did you have time to cover those outside perennials with a nice layer of compost to give them shelter and later a great growing medium? If not, now is a good time to catch up. On these cold winter days we took to growing house plants and forcing bulbs to keep our cut flowers company. Amaryllis are spectacular indoors and I forced hyacinth in small glass jars which eventually made the way outside as the aroma was overpowering.

February, the middle of winter. I ask: "is now the time to prune"? Mid winter is when most deciduous trees are dormant and is also the time to start pruning on those climbing roses. My best advice to you on this matter is to educate yourself. Before you start, know what it is that you want to prune and know what you want to achieve. Pruning requires tools; clean, disinfected, sharp tools and the equipment that goes along with using sharp tools. Dull tools smash and tear the branches which opens the plant up to disease. A few swipes of a sharpening stone before you start will save you a whole lot of disgust later on. Necessary with sharp tools is PPE (personnel protective equipment). So find your eye protection and know you'll need heavy duty gloves when working with those thorny bushes. Cover up if your taking on that Pampas Grass, as those long slender leaves are as sharp as any kitchen knife. This month the Seattle flower and garden show has a educational demonstration to show you some of the best methods.

Educating yourself comes in many forms these days and I give them all a look. For me nothing beats having a book in hand. A book that I've been leaning on is titled "Pruning & Training", authored by Stephanie Mahon. A 2021 copyright, she breaks the book down to help us understand what a plan could be and the techniques used to accomplish that. She follows up by listing specific trees, vines and plants to verify if now is indeed the time to cut back your plants and how that plant will respond to the pruning. Of course the good people at the Master Gardeners are knowledgeable with access to the latest material from WSU. You can read free WSU publications @pubs.extension.wsu.edu on pruning and a number of other gardening subjects. Contact a master gardener with gardening questions on the web at pierce.mg@wsu.edu.

You should know what it is that your trying to accomplish by pruning. Meaning; does the plant or tree just need a trim or are you going for a certain look. Maybe the plant has grown out of its allotted space and needs a serious cut back. Fruit trees bring a different kind of reason to prune. Each variety of tree needs to be researched to avoid cutting fruiting branches. Often the objective should be to open up the center of the tree/bush to allow sunlight and air circulation to reach the interior.

Education is once again the key to confidently pruning and shaping those plants. We hope this newsletter article is a good start!

Enjoy your day, everyday,
Dave PCMG



David A. and
Linda Smith
Gardening Committee

Phil's Trips

Trips Policy Change

We are changing the policy to our Trips signup program.

When you sign up for a trip, you will need to pay at the time of sign up. If you do not, your name will be put on the standby list and will remain on the standby list until payment is received. This means that we cannot guarantee you a place in the program that you are signing up for. This change is necessary to allow everyone the same chance at signing up and participating in our programs.

Trip participants are limited to signing up for one trip during the first week of the month. After the first week, participants may sign up for unlimited number of trips. Thank you for your understanding.

Inclement weather schedule

In the event of snow or ice-covered roads, the senior center bus will follow the schedule of local schools that are closed or delayed.

No trips scheduled for February

Special Advance Notice of Up-Coming Collette Trips

April 20-29, 2024

Shades of Ireland

This is a Collette Tours trip

Cost: From \$3,899 per person for 10 days, includes 13 meals, with optional trip extension packages.

Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges and hotel transfers.

From history-filled Dublin to the rolling green hills and dramatic coast, experience Irelands charm on a journey through the Emerald Isle. Take advantage of a pre-tour extension in London for five days or a post-tour extension in Edinburgh, Scotland. This trip includes a one-night stay in an ancient castle.

See Phil for more details and a brochure.

Sept 24 – Oct 1, 2024

Colors of New England

This is a Collette Tours trip

Cost: From \$4,699 per person for 8 days, includes 12 meals. Book prior to March 17th to receive a \$100 discount.

Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges and hotel transfers.

See a stunning display of vibrant foliage while traveling from historic Boston to the coast of Maine. Highlights of this trip include getting up close and personal with apple cider making, visiting a maple sugar farm, and touring Ben and Jerry's Ice Cream factory. Next, we will visit the Trapp Family Lodge, pass through Woodstock, and cruise Lake Winnepesaukee. As we head toward Portland, Maine the morning includes a guided tour of Fort Williams Park to view the Portland Head Light, the most photographed lighthouse in America, and the oldest in Maine. Then, travel along spectacular Ocean Drive through the seaside community of Kennebunkport. Our trip ends with a farewell lobster dinner before the final day takes us back to Boston to fly home. See Phil for more details and a brochure.

BLSC Code of Conduct

This code of conduct governs the actions of participants, in and users of, the Center and any Center program or activity associated with the Center.

PURPOSE: To promote an atmosphere of harmony and understanding at the Center assuring participants and staff alike, that the behavior of all in attendance will be guided by a common set of rules for the mutual benefit of all.

CODE VIOLATIONS: The following are examples of violations of the Center's Code of Conduct and are prohibited at the Center or at Center sponsored activities.

1. Conduct that disrupts or obstructs any program or activity that is a part of the overall Center operation.
2. Any action, event or group of events that constitutes a violation of Federal, State, Local Law or City policies.
3. Failure to comply with lawful direction given by Center staff acting in the performance of their duties.
4. The destruction, damage or theft of Bonney Lake Senior Activity Center property or the property of others.
5. Lewd, obscene or indecent conduct or expression, including profanity.
6. Any action, which in the judgment of the Center staff, constitutes an attempt to inflict, or the actual infliction of injury to other participants or the Center staff.
7. Any conduct or expression that, in the judgment of the Center staff, serves to intimidate or coerce others.
8. Any infringement on the rights of other participants or Center staff granted by Federal, State, Local statute or City policies.
9. Failure to maintain a level of personal hygiene that is non-offensive in a social environment.
10. No solicitation of any product will be allowed except for fund raising for the Senior Center.
11. Other issues that may cause harm or discomfort to citizens or staff will be addressed on a case by case basis.

ENFORCEMENT: This code shall be enforced by Center staff whose authority shall prevail in all cases.

1. A program of progressive corrective action shall be in effect for repeat or habitual offenders.
2. Corrective action will be decided in the first instance by the Center staff responsible for the event or program where the violation occurs.
3. Violations of the Code that are deemed not to constitute an immediate and apparent threat to the safety of others or their property will result in corrective action including, but not limited to, verbal warning, suspension of the right to participate in some or all of the Centers activities for a period of time, or the permanent expulsion from the Center's programs, depending on the severity of the offense and whether the offense is repeated or habitual.
4. Violations of the code that are deemed to constitute an immediate and apparent threat to the safety of others or their property may result in immediate, temporary expulsion from the Center and/or from the Specific Activity and may be grounds for further corrective action.

APPEAL OF DECISION: Appeal of corrective decision may be made to the Bonney Lake Senior Activity Center Director or designee. When a corrective decision is made by the Director, appeal may be made to the Mayor of Bonney Lake for final decision concerning enforcement of the Code.

This Code shall remain in force until revised by constituted authority.

Grievance Solving Process

As a member of the Bonney Lake Senior Center any person who feels dissatisfaction about an issue has the option of filing a grievance.

BLSC recognizes the value of identifying and resolving causes of participant/participant dissatisfaction in a timely manner.

If a participant experiences an issue while participating at BLSC, or through involvement with BLSC, and cannot resolve it independently, he/she is encouraged to discuss the situation openly and honestly with the parties involved. If the participant and those involved are unable to resolve the problem, the participant is encouraged to seek out the guidance and counsel of the Manager, and may put such concerns in writing. If the participant puts his/her concerns in writing, those concerns should be submitted to the Manager as soon as possible. The Manager will conduct an investigation where appropriate, and will generally provide a written response within 20 business days. If more time is needed to respond to the written complaint, the person filing the grievance will be notified accordingly. If a participant's concern is with the Manager, or they feel the grievance was not fairly addressed or resolved by the Manager, he/she may raise such a grievance with the Board President. The decision of the Board President is final. All such grievances will be held in the strictest confidence and will involve only those who are affected.

BLSC prohibits any retaliation against any participant who seeks assistance through this process, and may take disciplinary action against an employee who is found to have violated this policy.

BLSC's Grievance procedures are voluntary, optional and discretionary – both on the participant's part and the organizations.

Furthermore, the organization may take whatever actions it deems necessary or appropriate before, during, or after the grievance procedures, or with/without any reference to the grievance procedure.

If you are not satisfied with the outcome of your grievance, call Chuck McEwen at 253-447-3200.

See page 28 for the Grievance form

Grievance Form

Bonney Lake Senior Center Grievance Form

Date: _____



Grievant Name	
Home Address	
Phone	
Details of event leading to grievance	
Who was involved? Provide names, titles, & witnesses	
When did it occur? Date & Time	
Where did it occur? Specific location	
What happened? Describe the event in detail. Also describe any incidents leading up to or following the grievance.	
Why is this a grievance? List all policies, procedures and guidelines violated in the event described.	
What adjustment is required? Describe what must be done to correct the situation/problem.	
Additional Comments Attach sheets if needed.	

